

# Sioux Rivers



Regional Mental Health & Disabilities Services

# FY21 ANNUAL REPORT

## **GEOGRAPHIC AREA:**

Dickinson, Lyon, O'Brien, Plymouth and Sioux Counties in Northwest Iowa

***SUBMITTED TO DHS***

***12/01/2021***

***APPROVED BY ADVISORY BOARD: 11/30/21***

***APPROVED BY GOVERNING BOARD: 11/30/21***

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## **Introduction**

Sioux Rivers Regional MHDS was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

As Sioux Rivers Regional MHDS has successfully completed its seventh year of operations, it has been an eventful year, a second successive year of transition. Emmet County formally petitioned to join Sioux Rivers effective July 1, 2021, leaving the CSS Region to the north and east. The months and weeks leading up to that transition were challenging but proved to be rewarding as well. Dickinson and O'Brien Counties, which joined Sioux Rivers on July 1<sup>st</sup> of 2020, have been fully integrated into the Region and are full partners in every way. Thus, during Fiscal Year 2021, a major focus for Sioux Rivers was on the efforts required to ensure a smooth and seamless transition of Emmet County into the region effective 7/1/21. As in the previous year, multiple meetings were held with stakeholders from that county to engage them in the transition process and ensure that they were an important part of the endeavor in terms of strategic planning and core service development. Budget projections were finalized during the budget process and contracting with all providers was executed prior to the beginning of Fiscal Year 2022. Transition activities included: Meetings with providers to determine funding needs for core and non-core services, FY'22 budget development, provider rate negotiations and contract execution, FY'22 Annual Service and Budget Plan development which incorporated Emmet County, determination of staffing needs for the county, Management Policies and Procedures amendment to add them as a member county, as well as a revision of the 28E to incorporate Emmet County formally to that agreement.

The FY2021 Annual Report covers the period from July 1, 2020, to June 30, 2021. The annual report includes documentation of the status of service development, services provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

### **Governing Board (Iowa Code 331.390)**

The Sioux Rivers Regional MHDS organizational structure assigns the ultimate responsibility for funding the non-Medicaid funded MHDS services, and oversight of the entire mental health delivery system with the governing board. Each member county appoints two of its supervisors to serve as a Director on the Governing Board. The Board of Supervisors of each member county selects its directors, and they serve indefinitely at the request of the county appointing the Directors, until a successor is appointed, or until the earlier death, resignation, or the end of such person's service as a County Supervisor.

In addition to County Supervisor board member representatives, the following individuals are appointed to serve on the Regional Board by either the Advisory Committees or the Regional Governing Board:

At least one individual who utilizes adult mental health and disabilities services or is an actively involved relative of such an individual. This Director is appointed by the adult advisory committee, with such appointment to become effective upon approval by the Sioux Rivers Governing Board. This Director serves as a voting Director.

At least one individual representing adult services providers in the Counties that comprise the Sioux Rivers Region. This Director is appointed by the advisory committee, with such appointment to become effective upon approval by the Governing Board. This Director serves as a non-voting Director.

A parent of a child receiving behavioral health services, or an actively involved relative of such an individual. This Director is designated by the children's advisory committee and serves as a voting Director.

At least one individual representing the educational system in the Counties that comprise the Sioux Rivers Region. This Director is designated by the children's advisory committee and is a voting Director.

At least one individual representing children's behavioral health services providers in the Counties that comprise the Sioux Rivers Region. This Director is designated by the children's advisory committee serving as ex-officio, non-voting Director.

**MHDS Advisory Boards (Iowa Code 331.390(2)e; 331.392.(2)i; IAC 441-25.14.(1)"i")**

Sioux Rivers encourages stakeholder involvement by maintaining regional advisory boards (committees) which will assist in developing and monitoring the plan, goals and objectives identified for the adult MHDS and children's behavioral health service systems, and to serve as a public forum for other related MHDS issues. The Advisory Committees, as appointed by the Governing Board, have the following membership respectively: Adult Advisory Committee: Up to nine members, including individuals who utilize services or actively involved relatives of such individuals; service providers; a County Service Coordinator and a County Supervisor representative of the Governing Board of Directors. This Advisory Committee advises the Governing Board as requested by said Board and makes recommendations for the voting (adult receiving services or actively involved relative) and the ex-officio member (regional adult services provider) to the Governing Board as described above. The Children's Advisory Committee has a minimum of ten members and includes parents or actively involved relatives of a child receiving behavioral health services, a representative of the educational system, an early childhood advocate, a child welfare advocate, a children's behavioral health services provider, a representative of the juvenile court system, a pediatrician, a child-care provider, a law enforcement representative, and a member of the Regional MHDS Governance Board. This Advisory Committee advises the Governing Board as requested by said Board and designates representatives to the Governance Board for the voting (parent/relative of a child receiving services, educational system rep) and ex-officio members (regional children's behavioral health services provider) to the Governing Board as described above.

At their discretion, the Governing Board may, and often does, act to create additional committees that focus on training, communications, finance, policy development, information systems, resource development, service delivery system design, and quality improvement, and various other committees as it deems appropriate, to organize the tasks, activities, and functions associated with building, implementing, and sustaining systems of care.

Fiscal year 6/30/21 brought Children's Services under the umbrella of the Regional MHDS system and developing relationships and service knowledge from our Sioux Rivers Region as well as neighboring Rolling Hills Region have brought several community partners together to assess needs in the Northwest Iowa area.

## **A. Services Provided and Individuals Served**

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

FY 2021 Actual GAAP	SiouxRiversRegionalMHDS MHDS Region	MI (40)		ID(42)		DD(43)		BI (47)		Other		Total
		A	C	A	C	A	C	A	C	A	C	
<b>Core</b>												
	<b>Treatment</b>											
42305	Psychotherapeutic Treatment - Outpatient	3	91									94
42306	Psychotherapeutic Treatment - Medication Prescribing	511	114									625
43301	Evaluation (Non Crisis) - Assessment and Evaluation	1										1
73319	Other Priv./Public Hospitals - Inpatient per diem charges	2										2
	<b>Basic Crisis Response</b>											
44301	Crisis Evaluation	24	10									34
44302	23 Hour Observation and Holding	14	1									15
44307	Mobile Response	25	19									44
44313	Crisis Stabilization Residential Service (CSRS)	13	1									14
	<b>Support for Community Living</b>											
32329	Support Services - Supported Community Living	2		3								5
	<b>Support For Employment</b>											
50367	Day Habilitation			5	1							6
50368	Voc/Day - Individual Supported Employment	39		114	12	1						166
	<b>Recovery Services</b>											
45366	Peer Family Support - Peer Support Services	63										63
	<b>Service Coordination</b>											
	<b>Sub-Acute Services</b>											
	<b>Core Evidence Based Treatment</b>											
	<b>Core Subtotals:</b>	<b>697</b>	<b>236</b>	<b>122</b>	<b>13</b>	<b>1</b>						<b>1069</b>
<b>Mandated</b>												
74XXX	CommitmentRelated (except 301)	142	3									145
75XXX	Mental health advocate	262	2									264
	<b>Mandated Subtotals:</b>	<b>404</b>	<b>5</b>									<b>409</b>
<b>Core Plus</b>												
	<b>Justice System Involved Services</b>											



- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

Sioux Rivers is cooperating with Rolling Hills and Care Connections of Northern Iowa to develop an Access Center in Sioux City. The current Crisis and Stabilization Center is being renovated to incorporate sub-acute beds and other required services to meet the criteria for an access center as detailed above. The Access Center will tentatively be operational in the spring of 2022, with a firm start date of no later than July 1<sup>st</sup> of 2022 at which point they will be formally designated.

<u>Date Designated</u>	<u>Access Center</u>
7/1/2022	Siouxland MHC – Access Center

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by subrule 25.6(2), and documentation of each team's most recent fidelity score.

*Seasons Center for Behavioral Health is currently delivering ACT services in all regional counties, albeit without having achieved fidelity. The Center is actively pursuing that fidelity evaluation with the goal of completion by 6/30/22.*

<u>Date Designated</u>	<u>ACT Teams</u>	<u>Fidelity Score</u>
7/1/2022	Seasons Center for Behavioral Health	NA

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

*As stated above, the region is cooperating with area regions to develop an Access Center, which will include a number of sub-acute beds. The provider (Siouxland MHC) will be designated no later than 7/1/22.*

<u>Date Designated</u>	<u>Subacute</u>
7/01/22	Siouxland MHC

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.

- Provider coordination with the individual's clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.
- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

*The region has been working with LLS to develop an IRSH facility in Dickinson County and will be designated as such in November or December of 2021.*

<u>Date Designated</u>	<u>Intensive Residential Services</u>
November 2021	Lakes Life Skills (LLS) – Spirit Lake

## C. Financials

Table C. Expenditures

FY 2021 Accrual	Sioux Rivers MHDS Region	MI (40)	ID(42)	DD(43)	BI (47)	Admin (44)	Total
<b>Core Domains</b>							
<b>COA</b>	<b>Treatment</b>						
42305	Mental health outpatient therapy **	\$ 129,960					\$ 129,960
42306	Medication prescribing & management **	\$ 90,000					\$ 90,000
43301	Assessment, evaluation, and early identification **	\$ 314					\$ 314
71319	Mental health inpatient therapy-MHI						\$ -
73319	Mental health inpatient therapy **	\$ 2,688					\$ 2,688
	<b>Crisis Services</b>						
32322	Personal emergency response system						\$ -
44301	Crisis evaluation	\$ 10,760					\$ 10,760
44302	23 hour crisis observation & holding	\$ 83,943					\$ 83,943
44305	24 hour access to crisis response	\$ 109,173					\$ 109,173



44307	Mobile response **	\$ 259,080					\$ 259,080
44312	Crisis Stabilization community-based services **						\$ -
44313	Crisis Stabilization residential services **	\$ 97,427					\$ 97,427
44396	Access Centers: start-up / sustainability						\$ -
	<b>Support for Community Living</b>						
32320	Home health aide						\$ -
32325	Respite	\$ 10,000	\$10,000				\$ 20,000
32328	Home & vehicle modifications						\$ -
32329	Supported community living	\$ 13,549	\$12,220				\$ 25,769
42329	Intensive residential services						\$ -
	<b>Support for Employment</b>						
50362	Prevocational services						\$ -
50364	Job development						\$ -
50367	Day habilitation		\$23,568				\$ 23,568
50368	Supported employment	\$ 68,010	\$85,492	\$3,474			\$ 156,976
50369	Group Supported employment-enclave						\$ -
	<b>Recovery Services</b>						
45323	Family support						\$ -
45366	Peer support	\$ 37,400					\$ 37,400
	<b>Service Coordination</b>						
21375	Case management						\$ -
24376	Health homes						\$ -
	<b>Sub-Acute Services</b>						
63309	Subacute services-1-5 beds						\$ -
64309	Subacute services-6 and over beds						\$ -
	<b>Core Evidenced Based Treatment</b>						
04422	Education & Training Services - provider competency						\$ -
32396	Supported housing						\$ -
42398	Assertive community treatment (ACT)						\$ -
45373	Family psychoeducation						\$ -
	<b>Core Domains Total</b>	\$ 912,305	\$131,279	\$3,474	\$ -		\$1,047,058
<b>Mandated Services</b>							

46319	Oakdale						\$ -
72319	State resource centers						\$ -
74XXX	Commitment related (except 301)	\$ 39,933					\$ 39,933
75XXX	Mental health advocate	\$ 75,806					\$ 75,806
	<b>Mandated Services Total</b>	<b>\$ 115,739</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 115,739</b>
<b>Additional Core Domains</b>							
	<b>Justice system-involved services</b>						
25xxx	Coordination services						\$ -
44346	24 hour crisis line*						\$ -
44366	Warm line*						\$ -
46305	Mental health services in jails	\$ 38,141					\$ 38,141
46399	Justice system-involved services-other						\$ -
46422	Crisis prevention training						\$ -
46425	Mental health court related costs						\$ -
74301	Civil commitment prescreening evaluation						\$ -
	<b>Additional Core Evidenced based treatment</b>						
42366	Peer self-help drop-in centers	\$ 65,000					\$ 65,000
42397	Psychiatric rehabilitation (IPR)						\$ -
	<b>Additional Core Domains Total</b>	<b>\$ 103,141</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 103,141</b>
<b>Other Informational Services</b>							
03371	Information & referral						\$ -
04372	Planning, consultation &/or early intervention (client related) **	\$ 130,821					\$ 130,821
04377	Provider Incentive Payment						\$ -
04399	Consultation Other						\$ -
04429	Planning and Management Consultants (non-client related)						\$ -
05373	Public education, prevention and education **	\$ 596,077					\$ 596,077
	<b>Other Informational Services Total</b>	<b>\$ 726,899</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 726,899</b>

Community Living Supports							
06399	Academic services						\$ -
22XXX	Services management	\$ 272,318	\$ 33,342				\$ 305,660
23376	Crisis care coordination						\$ -
23399	Crisis care coordination other						\$ -
24399	Health home other						\$ -
31XXX	Transportation	\$ 2,721					\$ 2,721
32321	Chore services						\$ -
32326	Guardian/conservator						\$ -
32327	Representative payee						\$ -
32335	CDAC						\$ -
32399	Other support						\$ -
33330	Mobile meals						\$ -
33340	Rent payments (time limited)	\$ 1,250					\$ 1,250
33345	Ongoing rent subsidy						\$ -
33399	Other basic needs	\$ 43,618					\$ 43,618
41305	Physiological outpatient treatment						\$ -
41306	Prescription meds						\$ -
41307	In-home nursing						\$ -
41308	Health supplies						\$ -
41399	Other physiological treatment						\$ -
42309	Partial hospitalization						\$ -
42310	Transitional living program						\$ -
42363	Day treatment						\$ -
42396	Community support programs	\$ 725					\$ 725
42399	Other psychotherapeutic treatment						\$ -
43399	Other non-crisis evaluation						\$ -
44304	Emergency care						\$ -
44399	Other crisis services						\$ -
45399	Other family & peer support						\$ -
46306	Psychiatric medications in jail						\$ -
50361	Vocational skills training						\$ -
50365	Supported education						\$ -
50399	Other vocational & day services						\$ -
63XXX	RCF 1-5 beds (63314, 63315 & 63316)						\$ -
63XXX	ICF 1-5 beds (63317 & 63318)						\$ -

63329	SCL 1-5 beds	\$ 194,792					\$ 194,792
63399	Other 1-5 beds						\$ -
	<b>Community Living Supports</b>	<b>\$ 515,424</b>	<b>\$ 33,342</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 548,766</b>
<b>Other Congregate Services</b>							
50360	Work services (work activity/sheltered work)						\$ -
64XXX	RCF 6 and over beds (64314, 64315 & 64316)	\$ 285,836					\$ 285,836
64XXX	ICF 6 and over beds (64317 & 64318)						\$ -
64329	SCL 6 and over beds						\$ -
64399	Other 6 and over beds						\$ -
	<b>Other Congregate Services Total</b>	<b>\$ 285,836</b>	<b>\$ -</b>	<b>\$ -</b>	<b>\$ -</b>		<b>\$ 285,836</b>
<b>Administration</b>							
11XXX	Direct Administration					\$421,641	\$ 421,641
12XXX	Purchased Administration					\$9,906	\$ 9,906
	<b>Administration Total</b>					\$431,547	\$ 431,547
	<b>Regional Totals</b>	<b>\$2,659,342</b>	<b>\$164,621</b>	<b>\$3,474</b>	<b>\$ -</b>	<b>\$431,547</b>	<b>\$3,258,984</b>
(45XX-XXX)County Provided Case Management							\$ -
(46XX-XXX)County Provided Services							\$ -
	<b>Regional Grand Total</b>						<b>\$3,258,984</b>

Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration. Transfers are eliminated from budget to show true regional finances)

<b>13951</b>	<b>Distribution to MHDS regional fiscal agent from member county</b>	<b>\$ 2,781,804</b>
<b>14951</b>	<b>MHDS fiscal agent reimbursement to MHDS regional member county</b>	<b>\$ -</b>

\*24 hour crisis line and warm line are transitioning from additional core to state wide core services with state funding.

\*\*Core services for children with a serious emotional disturbance (SED)

**Table D. Revenues**

<b>FY 2021 Accrual</b>	<b>Sioux Rivers MHDS Region</b>		
<b>Revenues</b>			
	<b>FY20 Annual Report Ending Fund Balance</b>		<b>\$ 2,117,150</b>
	<b>Adjustment to 6/30/20 Fund Balance</b>		<b>\$ (1,198,103)</b>
	<b>Audited Ending Fund Balance as of 6/30/20 (Beginning FY21)</b>		<b>\$ 919,047</b>
	<b>Local/Regional Funds</b>		<b>\$ 2,989,105</b>
10XX	Property Tax Levied	\$2,939,048	
12XX	Other County Taxes	\$3,649	
16XX	Utility Tax Replacement Excise Taxes	\$46,408	
25XX	Other Governmental Revenues		
4XXX- 5XXX	Charges for Services		
5310	Client Fees		
60XX	Interest		
6XXX	Use of Money & Property		
8XXX	Miscellaneous		
9040	Other Budgetary Funds (Polk Transfer Only)		
	<b>State Funds</b>		<b>\$ 148,684.00</b>
21XX	State Tax Credits	\$111,001	
22XX	Other State Replacement Credits	\$37,147	
24XX	State/Federal pass thru Revenue	\$171	
2644	MHDS Allowed Growth // State Gen. Funds		
29XX	Payment in Lieu of taxes	\$365	
	Other		
	Other		
	<b>Federal Funds</b>		<b>\$ 977,217.00</b>
2345	Medicaid		
2347	CARES Act	\$977,217	
	Other		
	<b>Total Revenues</b>		<b>\$ 4,115,006</b>

<b>Total Funds Available for FY21</b>	<b>\$ 5,034,053</b>
<b>FY21 Actual Regional Expenditures</b>	<b>\$ 3,258,984</b>
<b>Accrual Fund Balance as of 6/30/21</b>	<b>\$ 1,775,069</b>

**Table E. County Levies**

County	2018 Est. Pop.	Regional Per Capita	FY21 Max Levy	FY21 Actual Levy	Actual Levy Per Capita
Dickinson	17,153	\$30.49	\$522,995	\$522,995	30.49
Lyon	11,811	\$30.49	\$360,117	\$360,117	30.49
O'Brien	13,840	\$30.49	\$421,982	\$421,982	30.49
Plymouth	25,095	\$30.49	\$765,147	\$761,824	30.36
Sioux	34,909	\$30.49	\$1,064,375	\$1,062,881	30.45
<b>Total Sioux Rivers Region</b>	<b>102,808</b>	\$30.49	<b>\$3,134,616</b>	<b>\$3,129,799</b>	<b>\$30.44</b>

## **D. Status of Service Development in FY2021**

Work continued in FY21 towards building capacity for mandated core services in both the adult and children's behavioral health realms. The CEO and staff continue to meet regularly throughout the year and identify gaps in services within the regional counties, with an emphasis on service development in O'Brien and Dickinson Counties to ensure consistency throughout the region. During the transition for Emmet County there were several meetings held with staff from the County Social Services Region, Sioux Rivers staff, as well as staff representatives from neighboring regions to determine where it made sense to collaborate on services, particularly for IRSH, ACCESS Center and Mobile Crisis. A contract was forged with the Seasons Center for Behavioral Health to deliver mobile crisis services throughout Sioux Rivers, as well as the expansion of ACT services into all regional counties. Emmet County will be served fully in all service areas upon joining Sioux Rivers in FY22. Stakeholder and collaborative meetings with providers serving Sioux Rivers, Rolling Hills and Care Connections of Northern Iowa have been held regularly to discuss mutual service development and continue to the present. Additionally, the region is exploring options for a Crisis Center and a Transitional Home to be located within the Region. With respect to children's crisis services, we have been pursuing a collaboration with Forest Ridge in Emmet County, the Rosecrance-Jackson Recovery Center and the Crittenden Center, both located in Woodbury County, to develop those services.

## **E. Outcomes/Regional Accomplishments in FY2021**

Sioux Rivers Regional MHDS has transitioned to a fee-based service approach with our providers, although we continue to provide block grants as needed where traditional fee for service type payment does not make fiscal sense or because it is a crisis service where prior funding authorization is not feasible. The Region has utilized a mix of fee-based and block grant funding this fiscal year for the following services.

- Jail Diversion
- Integrated Placement and Support Services
- Employment Alternatives Grant
- Crisis Stabilization Residential Service "Assessment and Stabilization Center"
- 24 Hour Crisis Response through the community mental health centers
- Peer Self-Help drop in centers
- Access to School Based Services

Sioux Rivers Regional MHDS continues to make progress towards satisfying Core Access Standards, which are reported to DHS on a quarterly basis, as is progress towards satisfying Additional Core Standards.

## Jail Diversion

The Jail Diversion/Alternatives program has seen use by inmates in all counties within the Region, with the region funding services provided by Creative Living Center in the Lyon County Jail. There is a grant paid to Plains Area Mental Health to provide counseling services within the region's counties as well and is primarily used to provide substance abuse evaluations and treatment to inmates that request this service as well.

The services in the past year have included direct contact with inmates, consultation with jail staff and reports to appropriate personnel upon request. The numbers seen for Fiscal Year ending 6/30/21 were still impacted by some of the restrictions put in place by COVID.

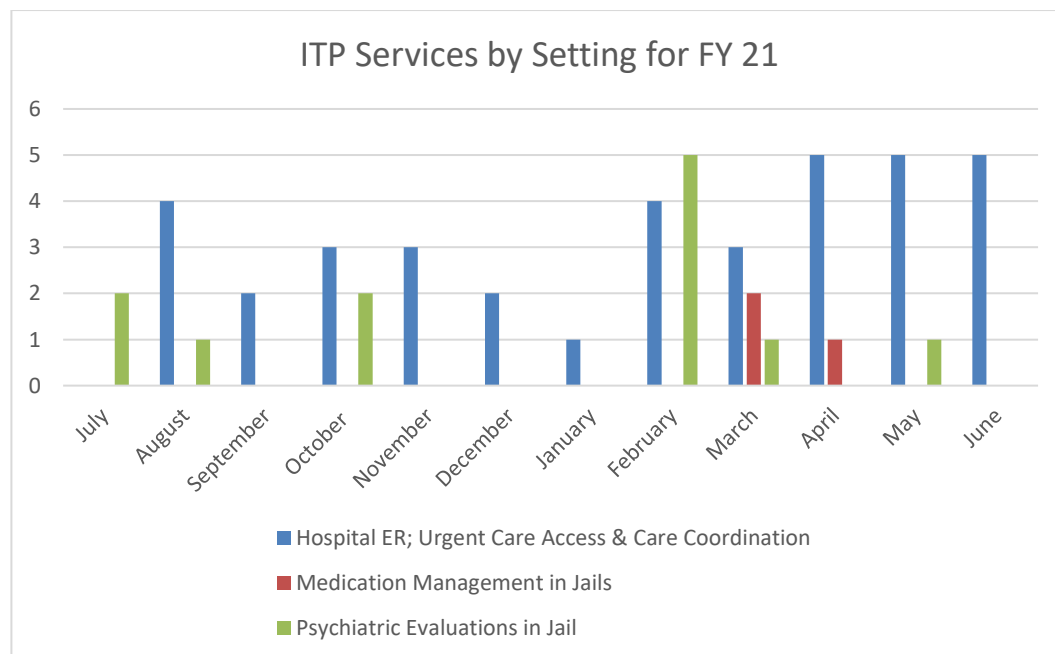
Creative Living Center has provided the following information regarding the services provided in the Lyon County Jail:

Total Contracted amount for FY 21	\$12,000.00
Total Unduplicated count of Inmates Seen	5
Average Cost of Inmate Served	2,400.00

Total Contracted amount for FY 21	\$12,000.00
Total Number of Contacts with Inmates Seen	16
Average Cost of Unit of Service Provided	\$ 750.00

Sioux Rivers Regional MHDS also utilized Integrated Telehealth Partners within the jail system to provide Psychiatric evaluations. The following is information recorded from payments to ITP:

Total Amount of Payments:	\$14,275.57
Total Number of Individuals Served:	45
Average Cost of Service per Individual	\$317.24
Total Number of Units of Service	52
Average Cost of Service per Unit:	\$274.53



### **IPS Pilot Project FY21 Progress**

Fiscal year 6/30/21 the Region continued its grant funding of the Integrated Placement and Support services grant with Hope Haven. The Region provided a block grant to assist in sustaining this program for individuals with a mental health diagnosis that have difficulty maintaining employment, though at a greatly reduced monthly fee due to the efforts of the provider and Iowa Medicaid to establish a reimbursement rate for this service. This reimbursement rate took after the beginning of the FY 21 fiscal year, though 7/1/21 had been a target date. Hope Haven continued with their partners, Plains Area Mental Health, Creative Living Center, and IVRS remain committed to helping people obtain and maintain employment that reflects their individual preferences and needs. Hope Haven reports receiving an average of 64% on average of their cost of the 4 quarters in FY 21 from the Medicaid reimbursement rate. With their first fidelity review completed in FY 20, and the program has not sought a fidelity review in FY 21, due to COVID 19 concerns within the facility as well as review providers. While the growth in the program may have been limited due to pandemic issues, it is noted there was growth in the program with 38 individuals receiving services at some point in the year. In the fiscal year ending 6/30/21 they reported Outcomes billable of the following (Duplicated total):

- Outcome #1: Completed Employment Plan = 16 Individuals
- Outcome #2: 1st Day Successful Job Placement= 11 Individuals
- Outcome #3: 45 Days Successful Job Retention= 8 Individuals
- Outcome #4: 90 Days Successful Job Retention= 5 Individuals

### **Hope Haven Employment Grant**

For the fiscal year ending 6/30/21, Sioux Rivers Regional MHDS continued to fund grant dollars for an Employment Alternatives Grant with 2 regional providers, Hope Haven, Inc. and Village Northwest Unlimited. This was the regions first opportunity work with Village Northwest on this employment area with the addition of O'Brien County to the region on 7/1/2020. These grant dollars focused on delivering and assisting individuals in maintaining integrated employment. It also assisted high school students with participation in career exploration activities to actively prepare them for a world outside of facility-based employment. The 3<sup>rd</sup> regional provider that has participated in past years with the employment grant, was not able to participate in the grant due to COVID 19, the region looks forward to working with Life Skills Training Center in the future.

The Region acknowledges that traditional facility-based employment (work activity) is no longer held as a viable option for persons with disabilities. Changes in federal and state policy and funding no longer support facility-based services. The Region also acknowledged that while state and federal policy does not support facility-based services, state and federal funding is inadequate for provides to transform services to community based and support people with disabilities in obtaining and maintaining employment. Sioux Rivers Regional MHDS is pleased to support our local providers their efforts to provide and maintain this form of employment for our residents.

The Region designated substantial resources to assist the participating providers to improve outcomes for persons with disabilities. The project focused on four (4) areas:

- Regional Capacity
- Provider Capacity
- Client Capacity and,
- Community Capacity

For the first time in FY 21, Village Northwest Unlimited also participated in the employment grant, Village reported under this first year with Sioux Rivers Region a total of 45 individuals placed in a community setting, with individuals placed in 17 different individual employment settings. Village received a total of grant proceeds from Sioux Rivers Region of \$19,670 for the fiscal year. This figures to a \$437.12 per individual on a fee for service basis.



Below you will find summary information for that grant supported program. Noting in both tables below that Facility Based Employment no longer exists at either provider settings, however, it is important to note that many individuals and group employment opportunities began there. Hope Haven, Inc. has provided the region with the following information.

For individuals participating in an integrated group employment setting:

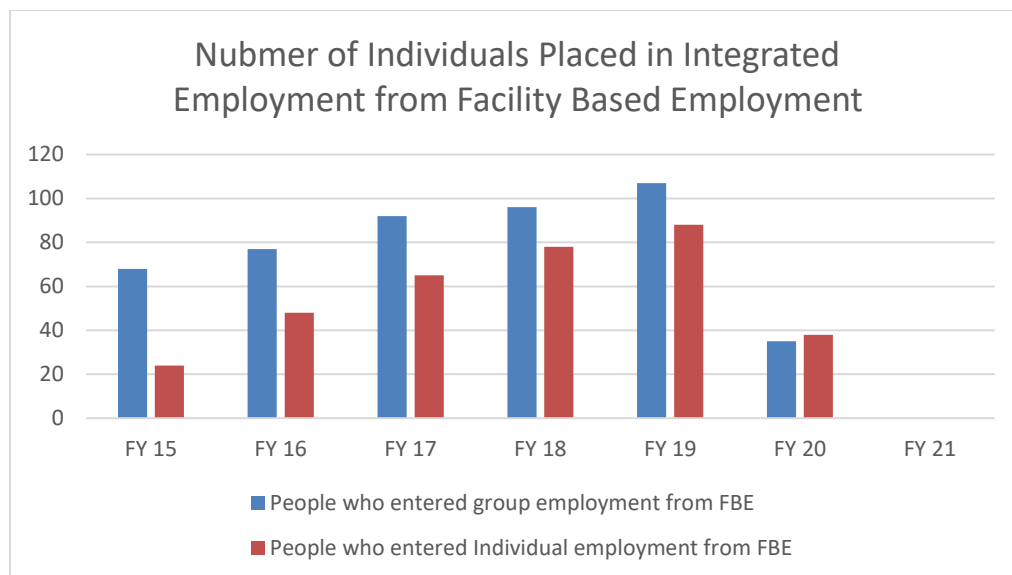
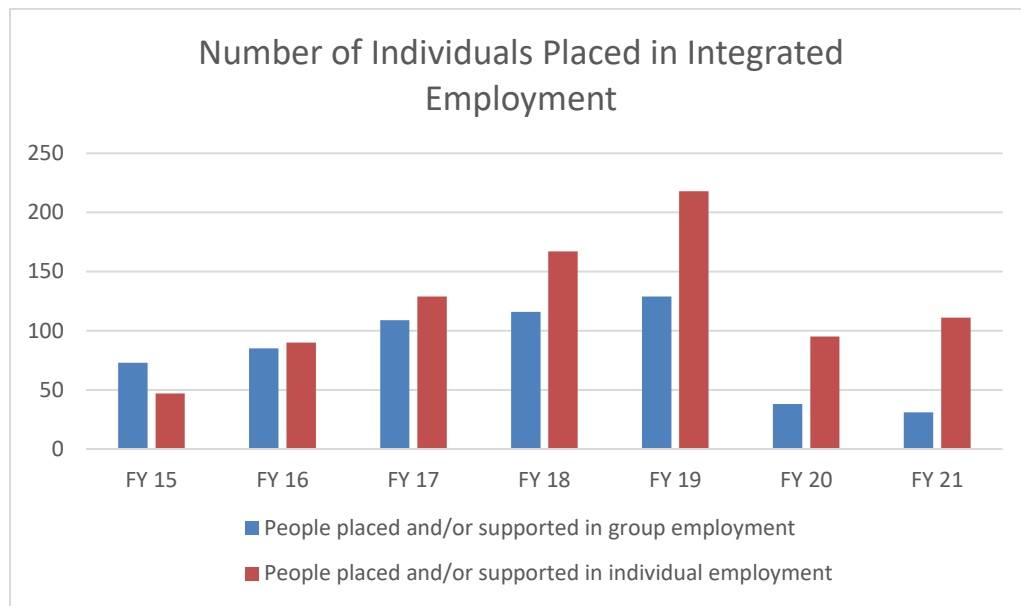
Group Integrated Employment Outcome Measures	FY 15	FY 16	FY 17	FY 18	FY 19	FY 20	FY 21
People placed and/or supported in group employment	73	85	109	116	129	38	31
People who entered group employment from FBE	68	77	92	96	107	35	0
Total Jobs/Job Sites	190	223	282	339	372	115	117
Average Hourly Wages per job	\$3.27	\$3.32	\$3.61	\$3.62	\$6.99	\$7.00	\$6.91
Average hours worked per person per week	9.85	9.81	7.93	10.03	11.43	10.7	11.2
Businesses where people are working	38	40	43	47	48	23	20
Communities in which people are working	8	8	8	9	9	5	5
Annual employer Satisfaction Rating (1-5/5 highest)		4.15	4.08	4.16	4.61	4.53	4.48
Annual employee Satisfaction Rating (1-5/5 highest)					4.78	4.6	4.72
Number of Days on the Job						1120	1438

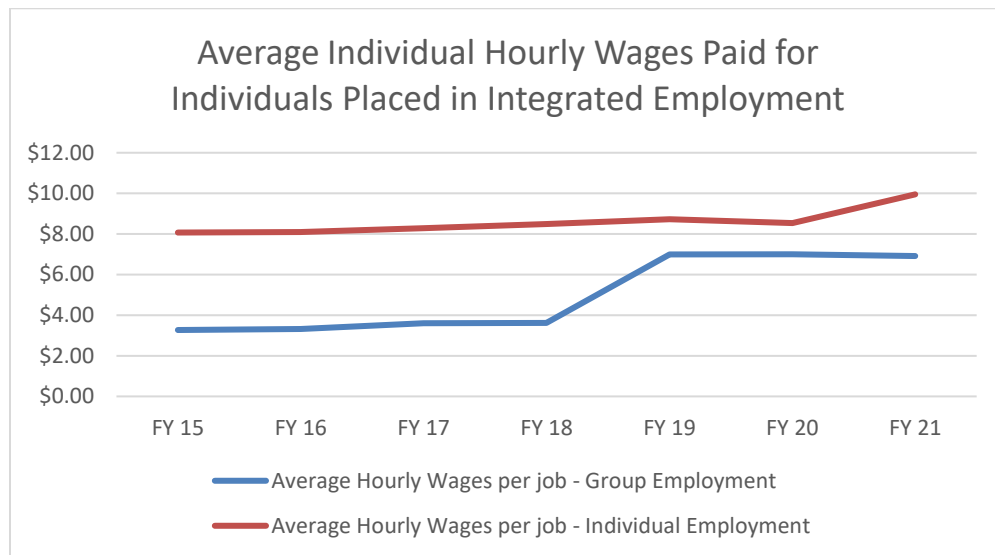
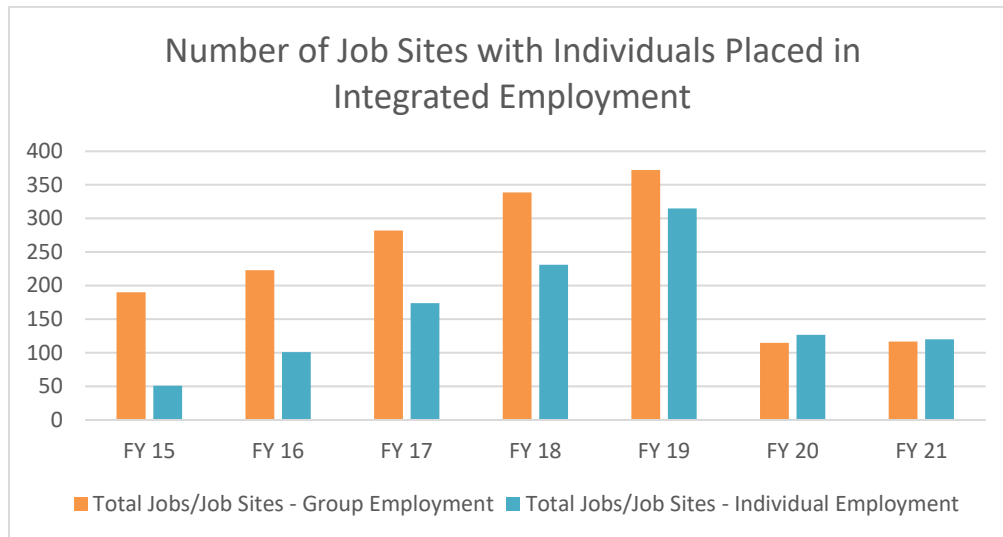
For individuals participating in an individual integrated employment setting:

Individual Integrated Employment Outcome Measures	FY 15	FY 16	FY 17	FY 18	FY 19	FY 20	FY 21
People placed and/or supported in group employment	47	90	129	167	218	95	111
People who entered group employment from FBE	24	48	65	78	88	38	0
Total Jobs/Job Sites	51	101	174	231	315	127	120
Average Hourly Wages per job	\$8.07	\$8.09	\$8.28	\$8.49	\$8.72	\$8.54	9.95
Average hours worked per person per week	22.19	20.47	19.42	19.43	18.71	16	16.57
Businesses where people are working	28	59	95	114	151	54	60
Communities in which people are working	4	8	11	12	14	16	16
Annual employer Satisfaction Rating (1-5/5 highest)		4.28	4.28	4.41	4.6	4.33	4.52
Annual employee Satisfaction Rating (1-5/5 highest)					4.85	4.82	4.78
Number of Days on the Job						1121	1831

Hope Haven received a total of \$62,700 as requested for the employment grant for the 6/30/21 fiscal year.

Breaking down total individuals served, number of job sites utilized, Average Hourly Wages per job, and Average Hours worked per person per week, the following tables show comparatively how group employment information measures against individual integrated employment.



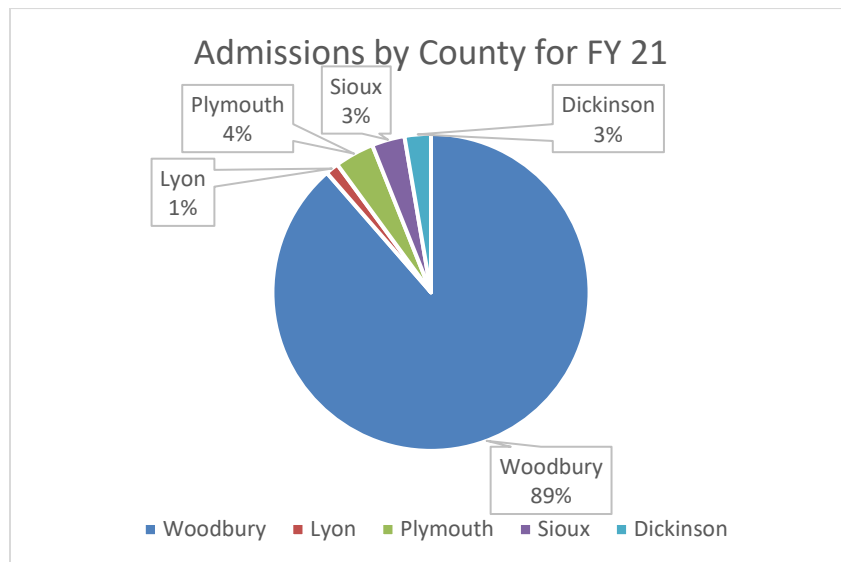


### **Crisis Stabilization System**

The Assessment and Stabilization Center had a total of 150 Admissions for the FY 2021 year as reported on monthly submission reports. This is down from 223 in the prior year. Of that total the admissions are listed below by Mental Health and Disability Services Region. From the reports submitted from the Center, there was one denial noted that was needing a higher level of care.

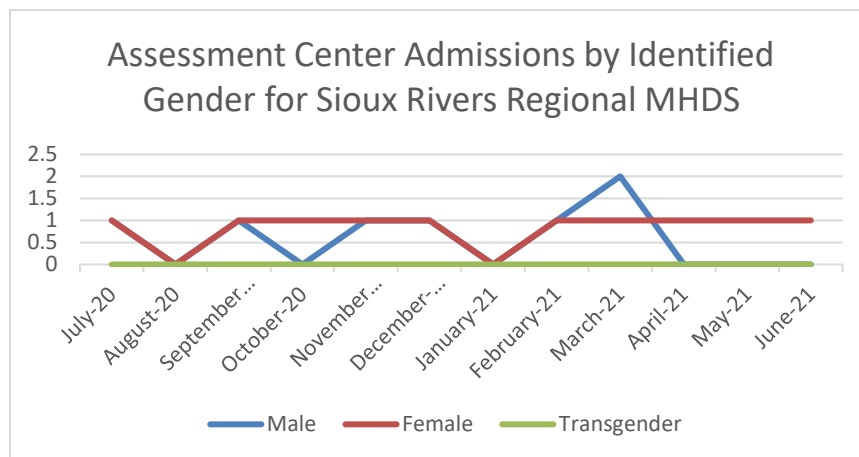
Region of Admission:	Total Admitted:
Rolling Hills Community Services	132
Sioux Rivers Regional MHDS	17

The chart below indicates the number of admissions by county of residence.

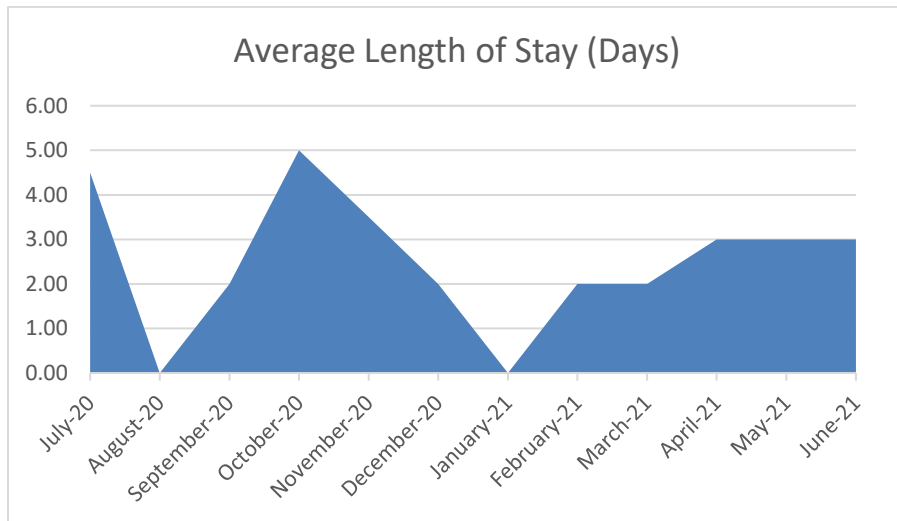


The following charts illustrate information for Sioux Rivers Regional MHDS only, and are reported as the following:

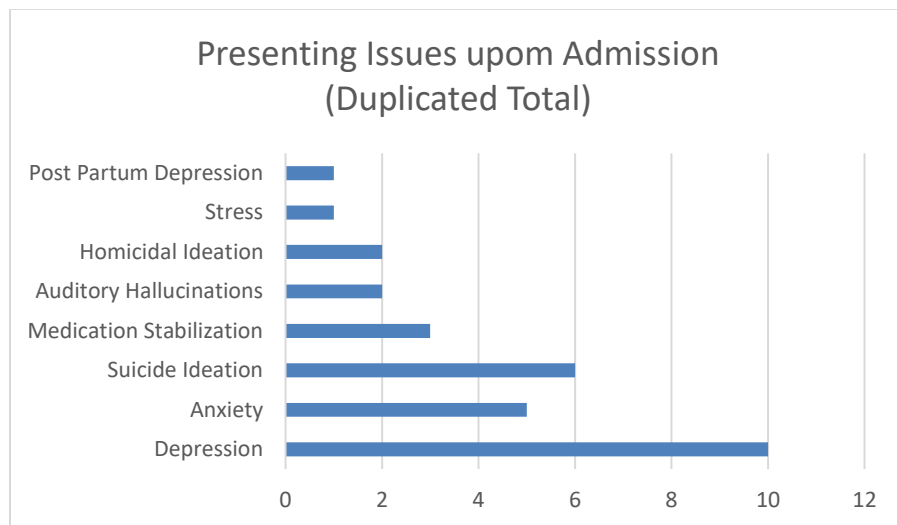
The Assessment and Stabilization Center reported a total of admissions of 17 individuals from Sioux Rivers Regional MHDS, 10 Male and 17 Female for the FY 2021 year. Below is a breakdown of gender of admissions by month.



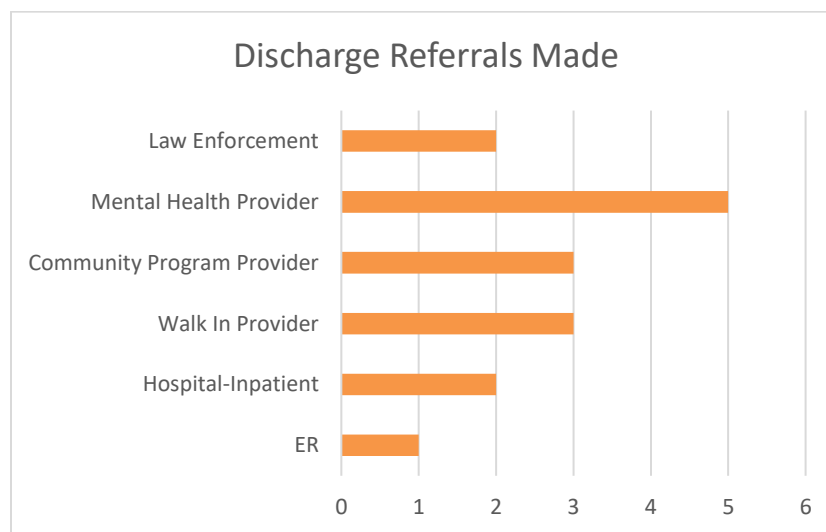
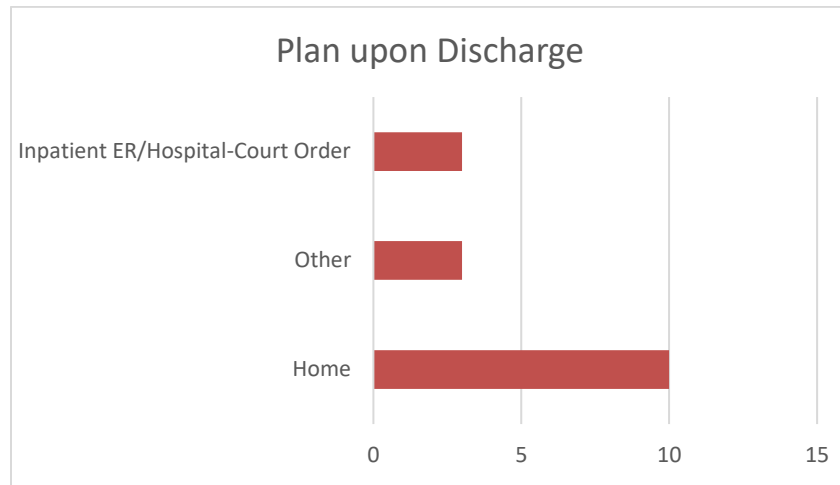
The Center also reported an average stay of Sioux Rivers Region individuals of 2.50 days for the fiscal year, below indicates the average state by month for the FY 2021 year.



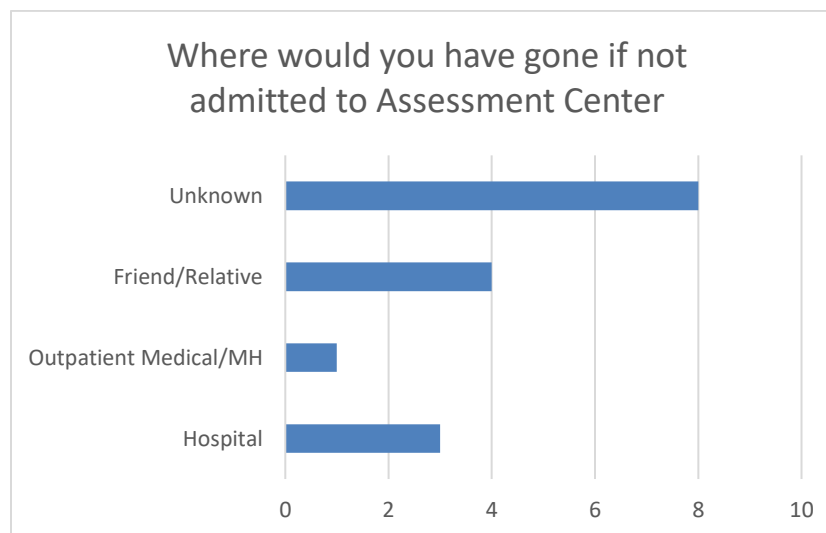
Below is a table that illustrates the presenting issue upon admission to the Center, keep in mind that this is a duplicated count as many admissions had more than one presenting issue.



The next two charts indicate where individuals from Sioux Rivers Regional MHDS went upon discharge from the Assessment and Stabilization Center and the agency referrals made upon that discharge as well.



Finally shown below is what would have happened to the individual if admission would not have been approved to the Assessment and Stabilization Center.



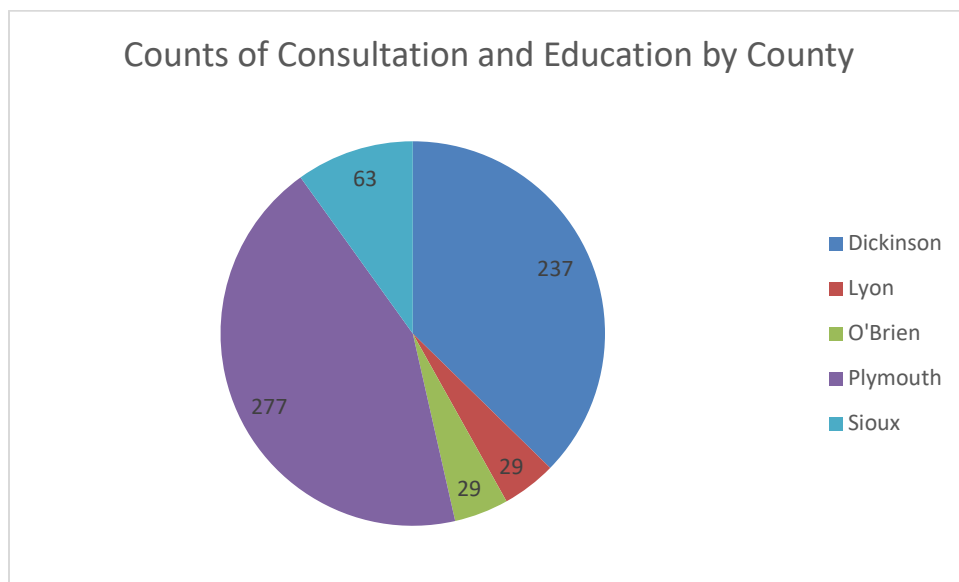
## 24 Hour Crisis Response and Continuing Education

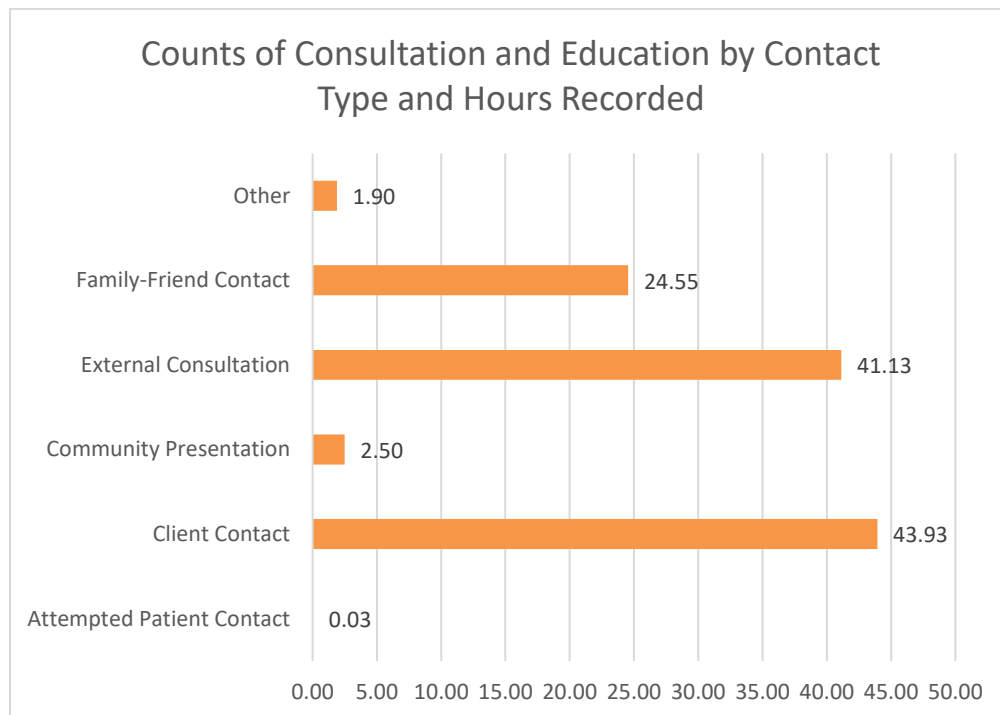
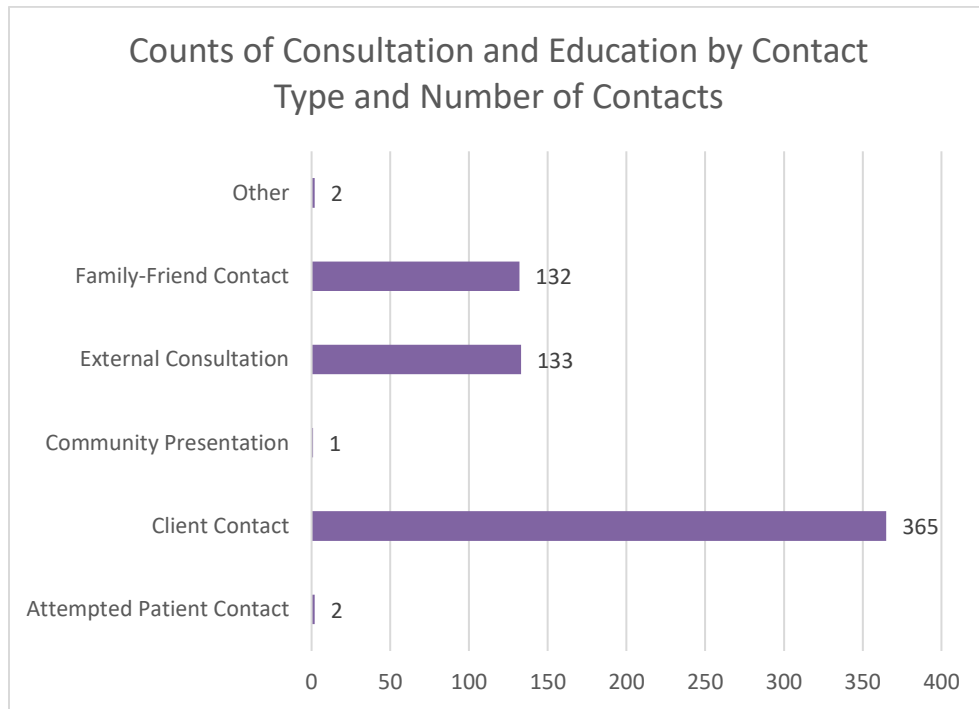
The following is cost information for the consultation and education services provided by Plains Area Mental Health.

Contract Payment for Consultation & Education	\$23,850.00
Total Number of Consultation & Education Contacts	635.00
Average Cost per Duplicated Contact	\$37.56

Contract Payment for Consultation and Education	\$23,850.00
Total Number of Consultation & Education Hours	114.05
Average Cost per Hour Spent on C & E	\$209.12

The following tables indicate Consultation and Education Services by County, by consultation type and number of contacts, and by consultation type and the number of hours per type.

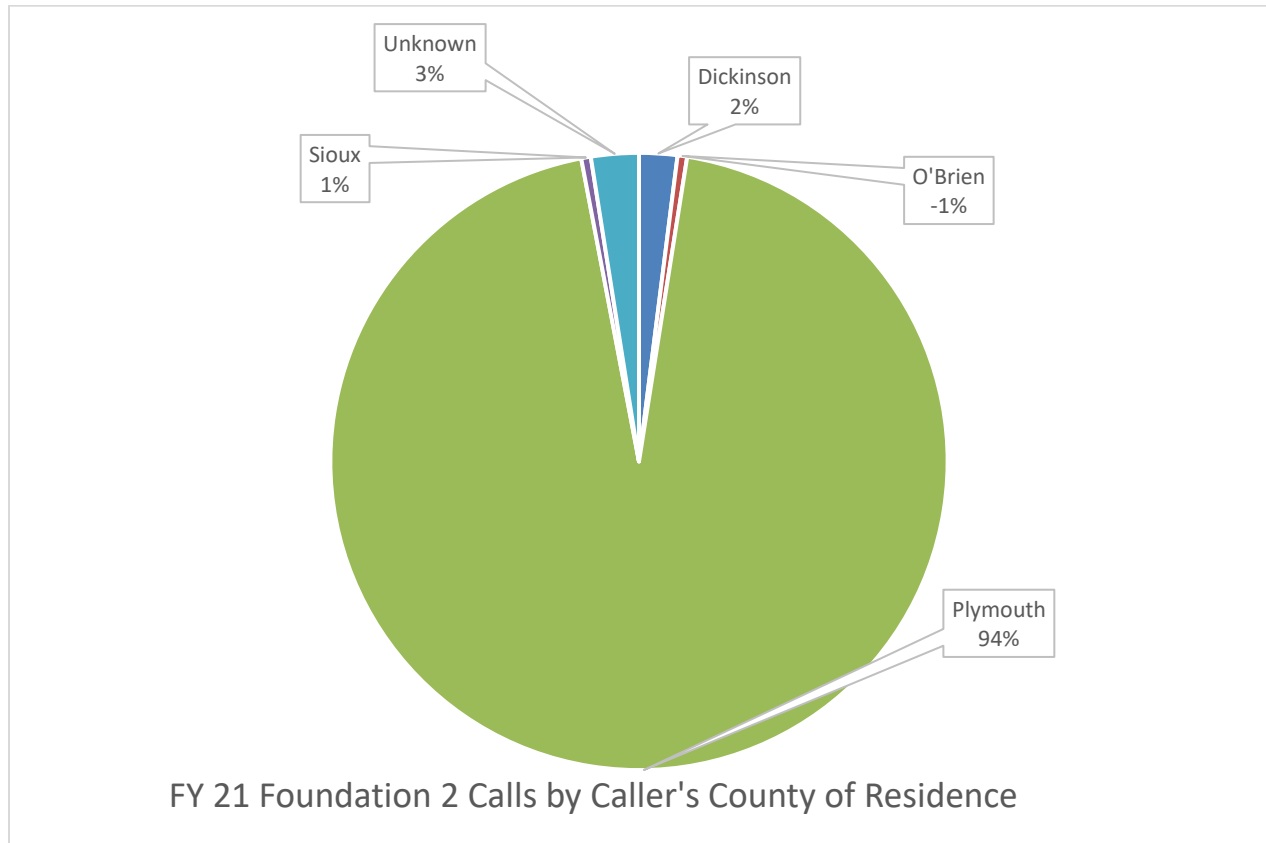






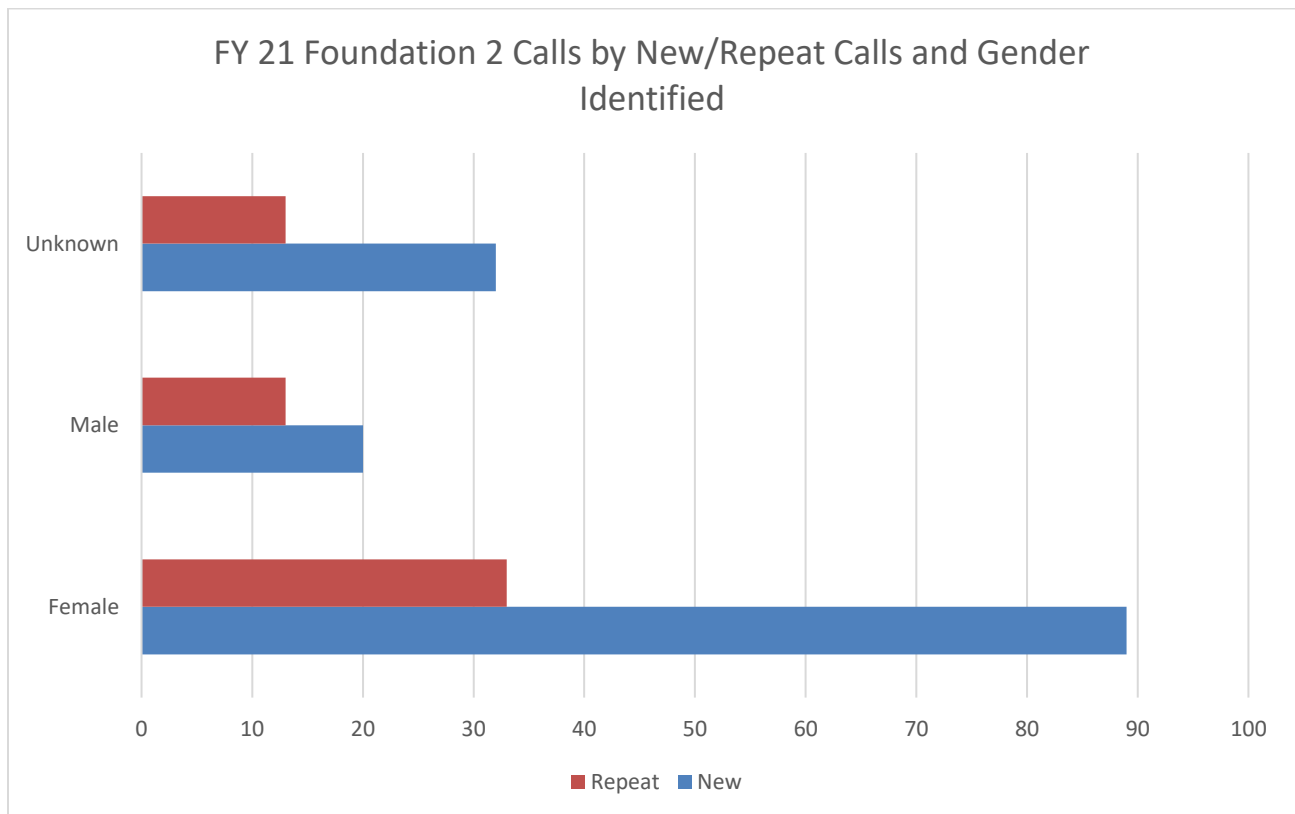
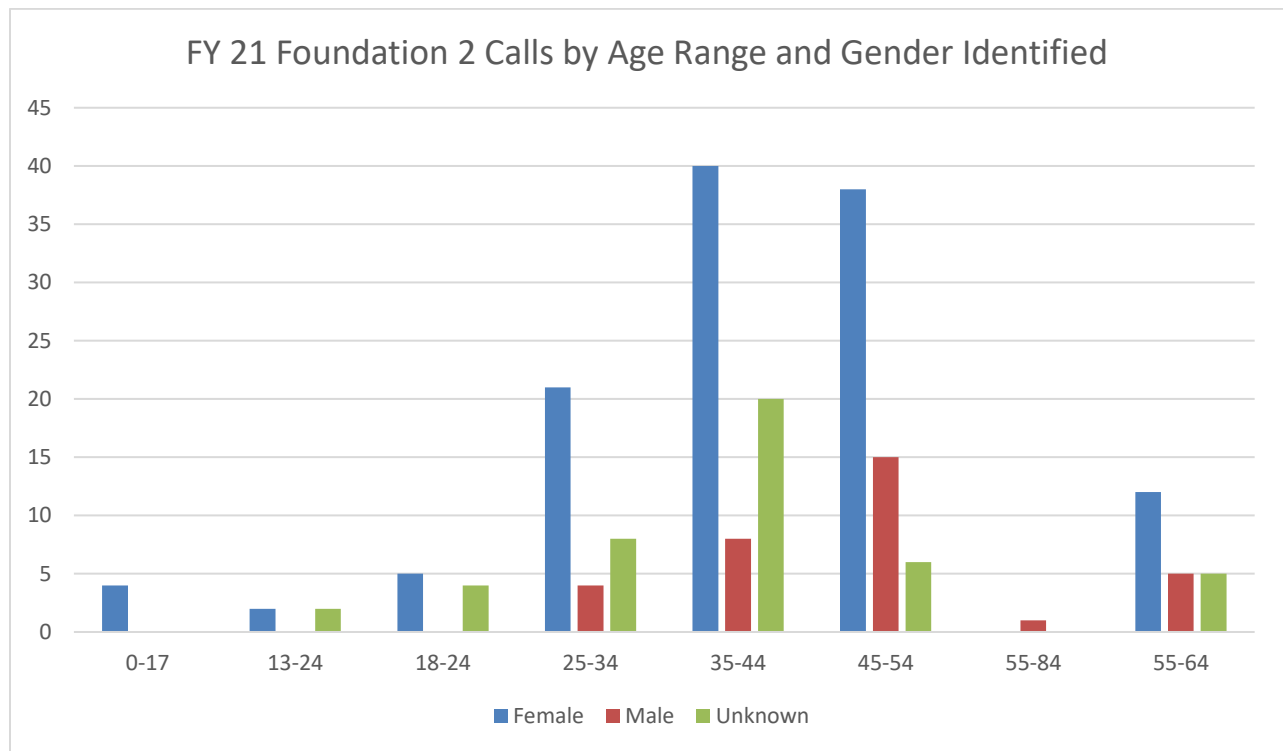
## Plains Area Mental Health Foundation 2 Calls

Plains Area Mental Health also contracts with Foundation 2 out of Cedar Rapids for parts of their emergency services provided. The following information was summarized by the Foundation 2 information submitted.

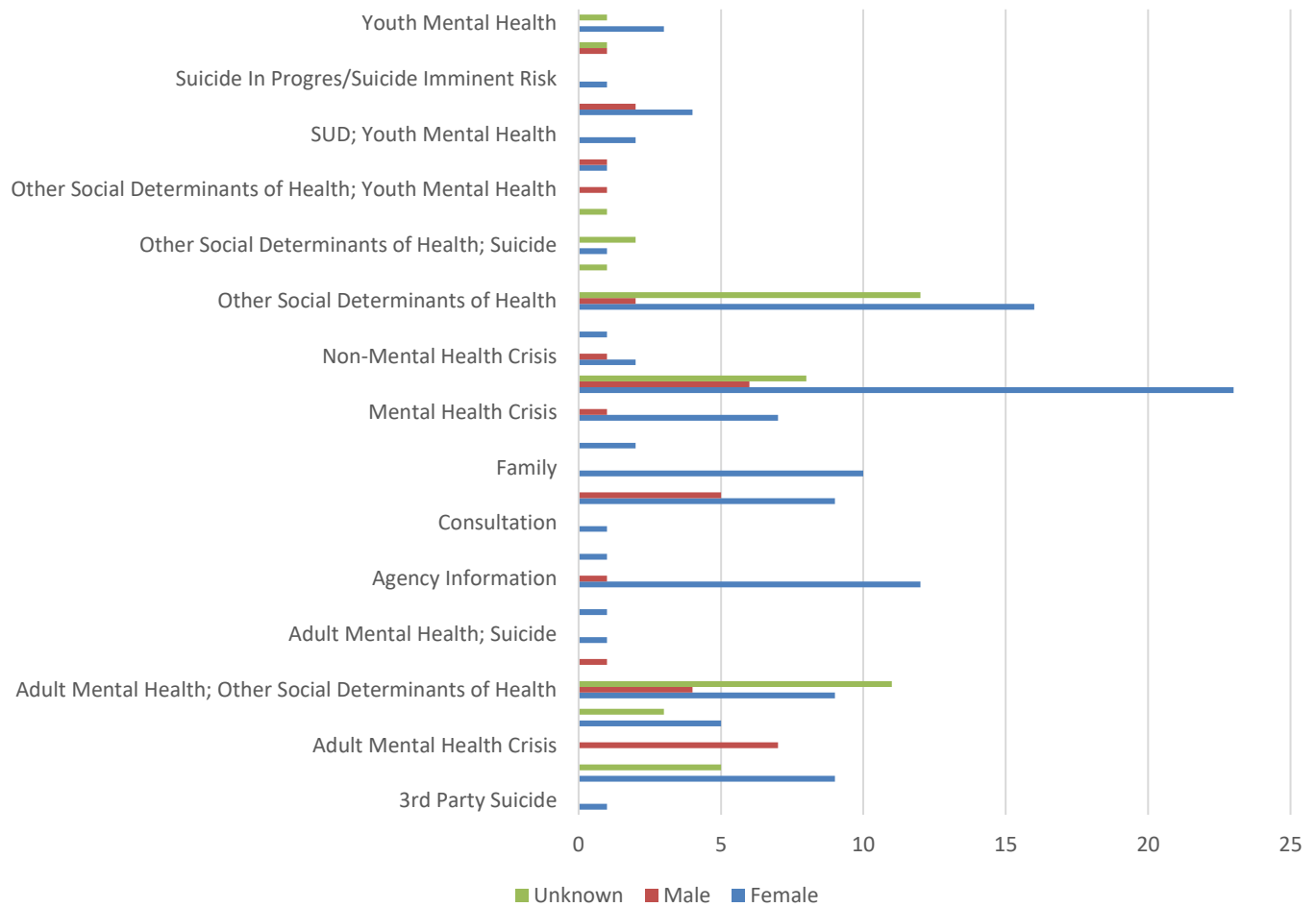


You will note there are a few “unknown” calls where county of residence was not recorded, they were included in the information as they were included in the call logs and were included on that basis alone.

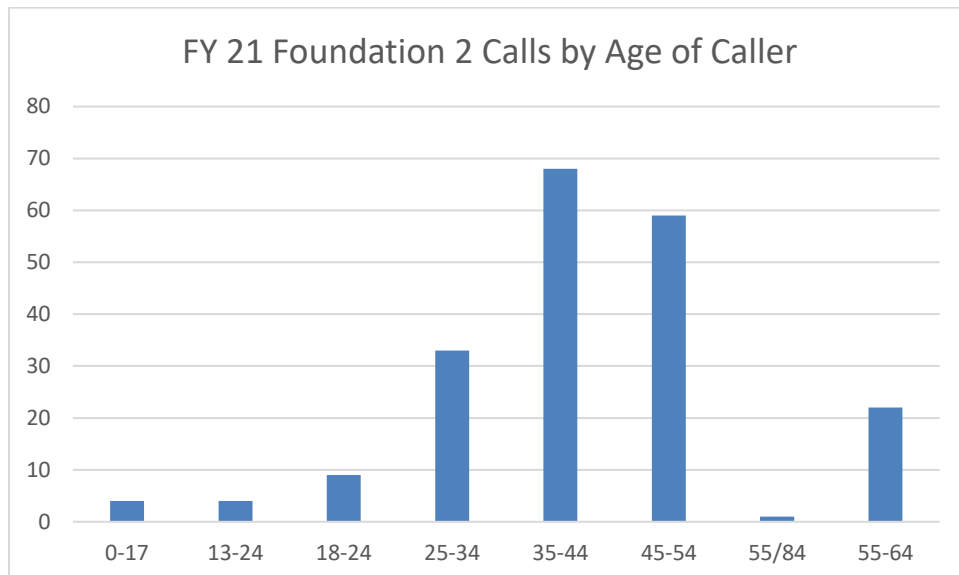
The following charts sorted the information provided by presenting issue or reason for the call, whether the call was new or a repeat caller, by gender and age groups identified by the caller.



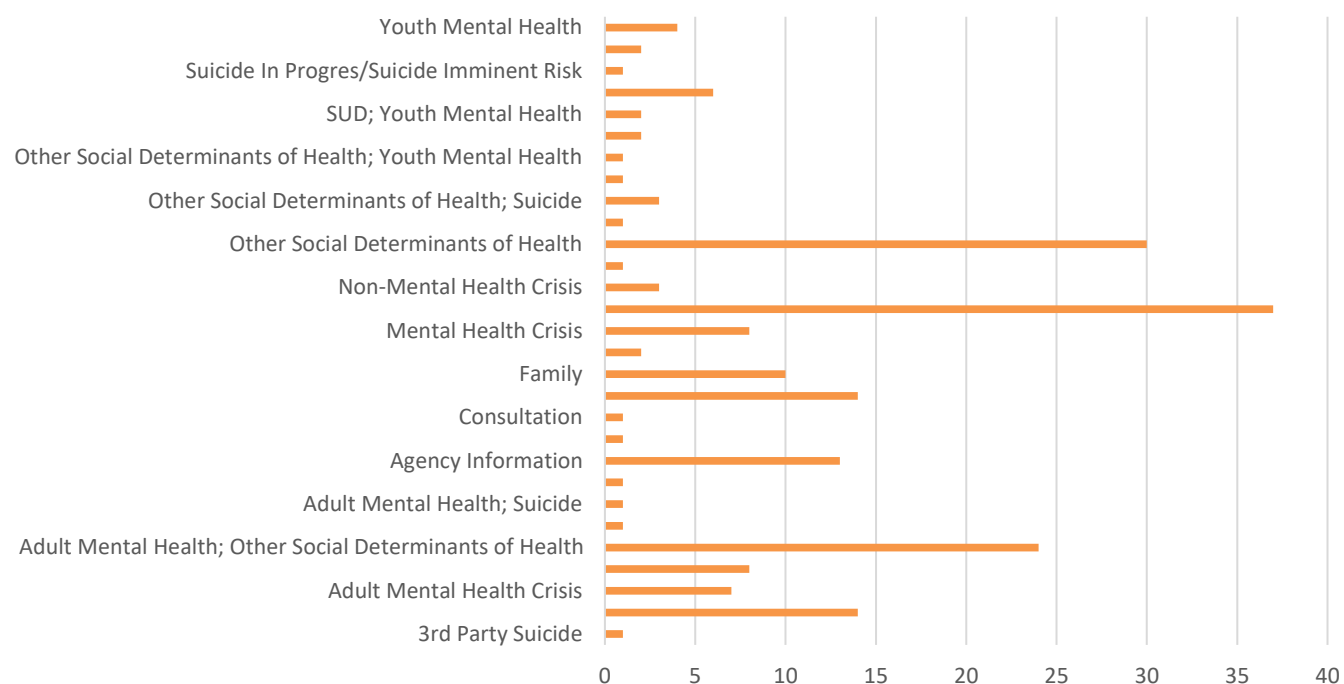
## FY 21 Foundation 2 Calls by Gender Identification and Presenting Issue



## FY 21 Foundation 2 Calls by Age of Caller



### FY Foundation 2 Calls by Outcome of Call



\* Contract Call-Plains Area notified are a direct or “warm” hand off to therapists at Plains Area Mental Health.

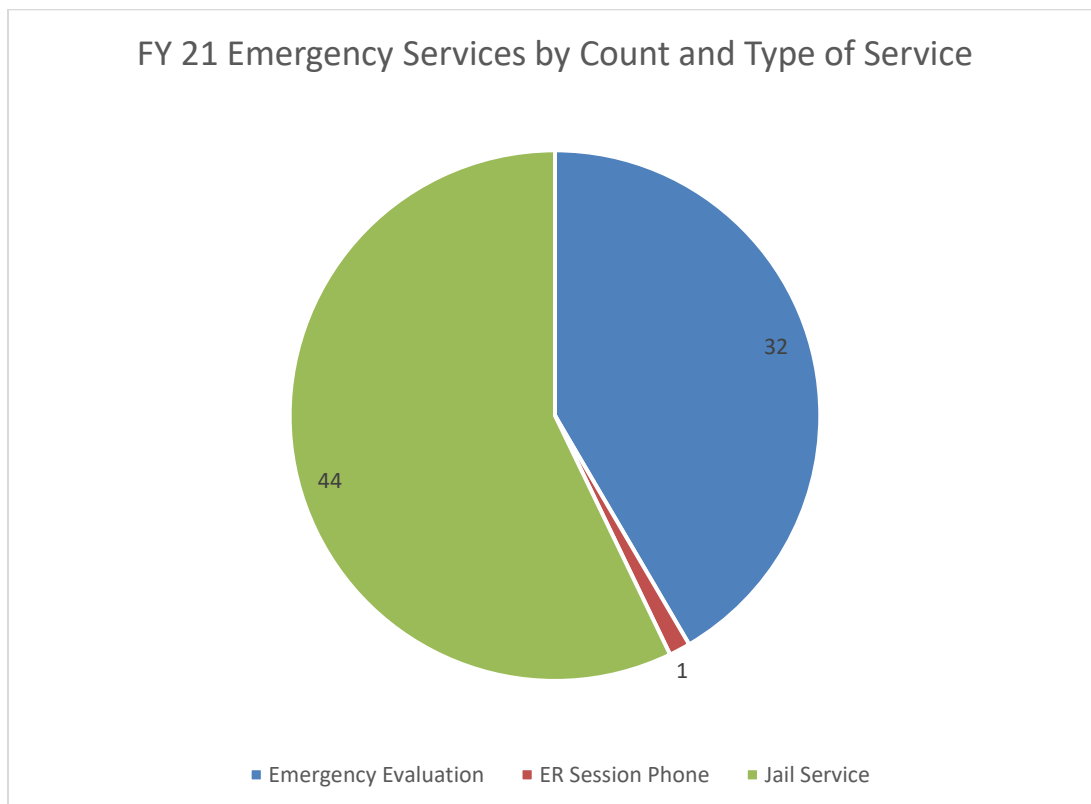
Outcome of Calls by Gender Identified	Female	Male	Unknown
3rd Party Suicide	1		
Adult Mental Health	9		5
Adult Mental Health Crisis		7	
Adult Mental Health; Non-Crisis	5		3
Adult Mental Health; Other Social Determinants of Health	9	4	11
Adult Mental Health; Substance Use Disorder		1	
Adult Mental Health; Suicide	1		
Adult Mental Health; Suicide; Youth Mental Health	1		
Agency Information	12	1	
Anger	1		
Consultation	1		
Contract Call	9	5	
Family	10		
Interpersonal Relationships	2		
Mental Health Crisis	7	1	
Mental Health Support	23	6	8
Non-Mental Health Crisis	2	1	
Non-Mental Health Crisis; SUD	1		
Other Social Determinants of Health	16	2	12

Other Social Determinants of Health; SUD			1
Other Social Determinants of Health; Suicide	1		2
Other Social Determinants of Health; Suicide; SUD			1
Other Social Determinants of Health; Youth Mental Health		1	
Physical Health	1	1	
SUD; Youth Mental Health	2		
Suicide	4	2	
Suicide In Progress/Suicide Imminent Risk	1		
Suicide; Youth Mental Health		1	1
Youth Mental Health	3		1

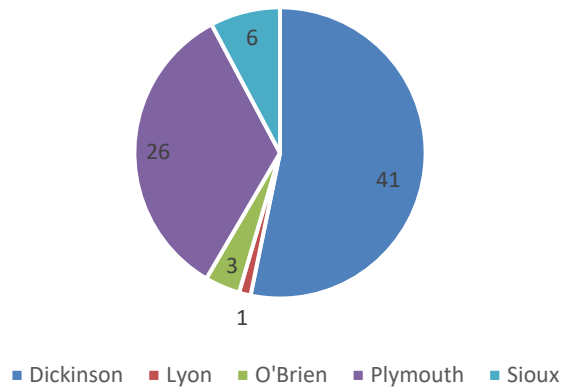
- Again, we will note that in the final 2 tables are that when “Paged” is noted, a direct or “warm” hand off from Foundation 2 to Plains Area Mental Health is made.
- As Outcomes reported varied somewhat throughout the year, outcomes are reported in table format for ease of understanding.

### Emergency Services

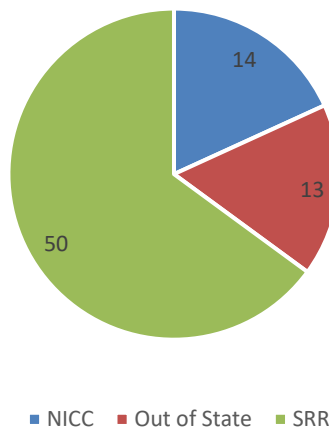
Sioux Rivers Region also contracted with Plains Area Mental Health Center for Emergency Services which included calls to Plains directly for emergency evaluations and jail services which were included in the contracted amount for Emergency Services and Foundation 2 calls totaling \$66,000.00 in the fiscal year. The following is information regarding those emergency services.



FY 21 Emergency Service by Count and County of Service Provision



FY 21 Emergency Service by Region of Residency



Including both the Emergency Service and Foundation 2 total contacts, the contracted payment looks like the following for FY 21:

Contract Payment for Emergency Services	\$66,000.00
Total Number of Emergency Contacts (77 Plains/200 Foundation 2)	277.00
Average Cost per Contact	\$238.27

The total duration of calls is not included in the Foundation 2 Call logs submitted, so it will be noted here that the total number of staff hours on behalf of Plains Area Mental Health Center totaled 52.75 hours for Fiscal Year 6/30/21.

#### Medication Management

Sioux Rivers Region also contracted with Plains Area Mental Health to provide medication management services to cover costs that the provider is not able to receive insurance/Medicaid reimbursement for. The region is working with the

provider to standardize the reporting process for upcoming fiscal years, we have the following information provided for the FY 21 year:

Total # of Individuals Served	1567
Contracted Amount First 6 months	\$45,000.00
Total per individual unit cost	\$28.72

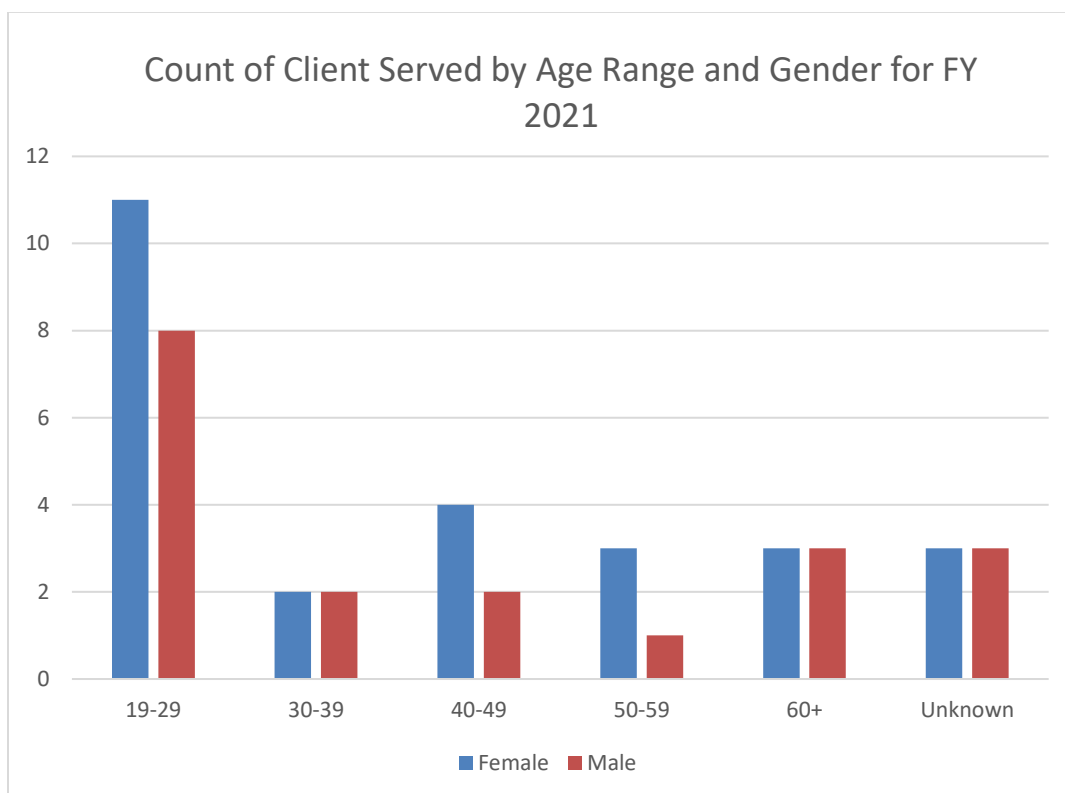
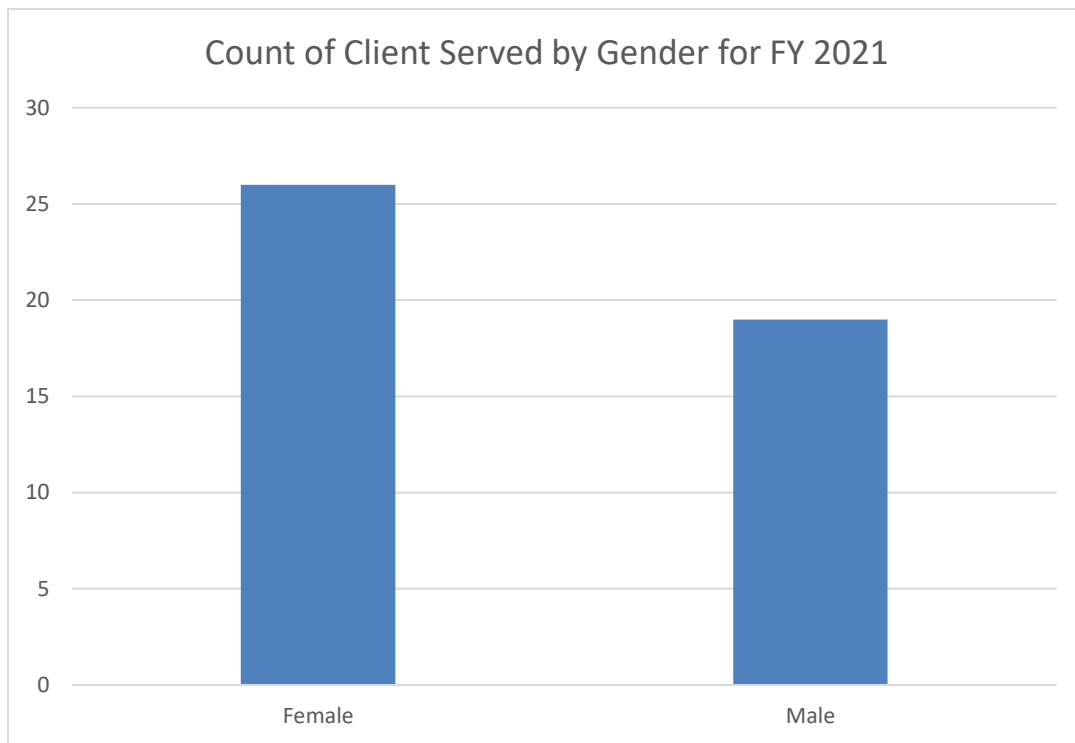
Total # of Individuals Served	1134
Contracted Amount last 6 months	\$45,000.00
Total per individual unit cost	\$39.68

### Peer Drop-In Center

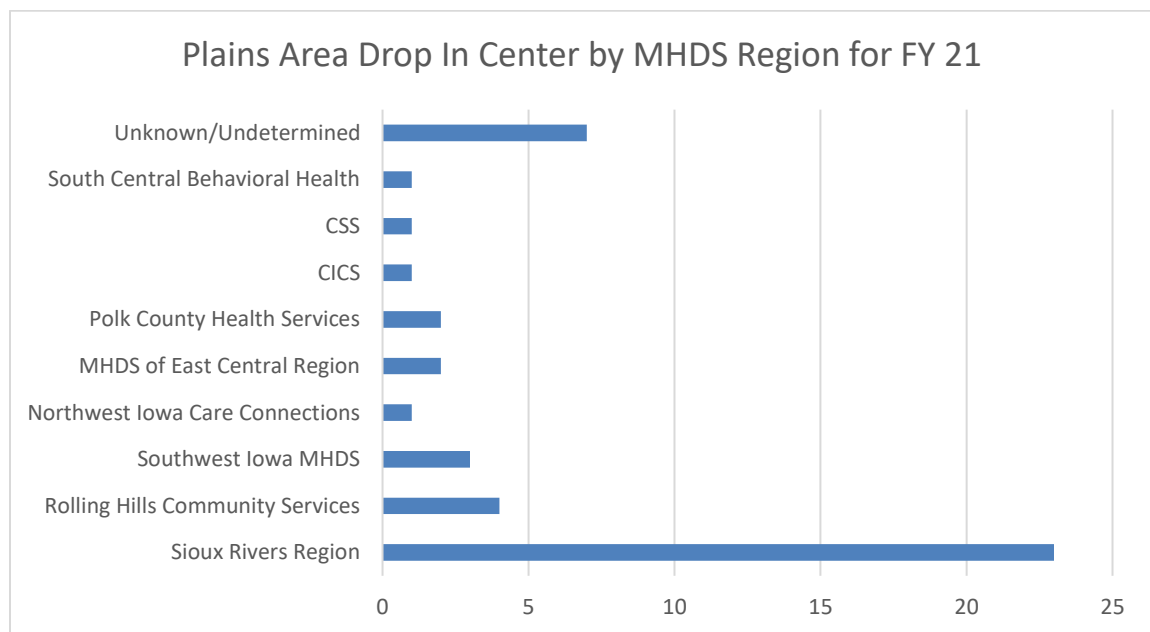
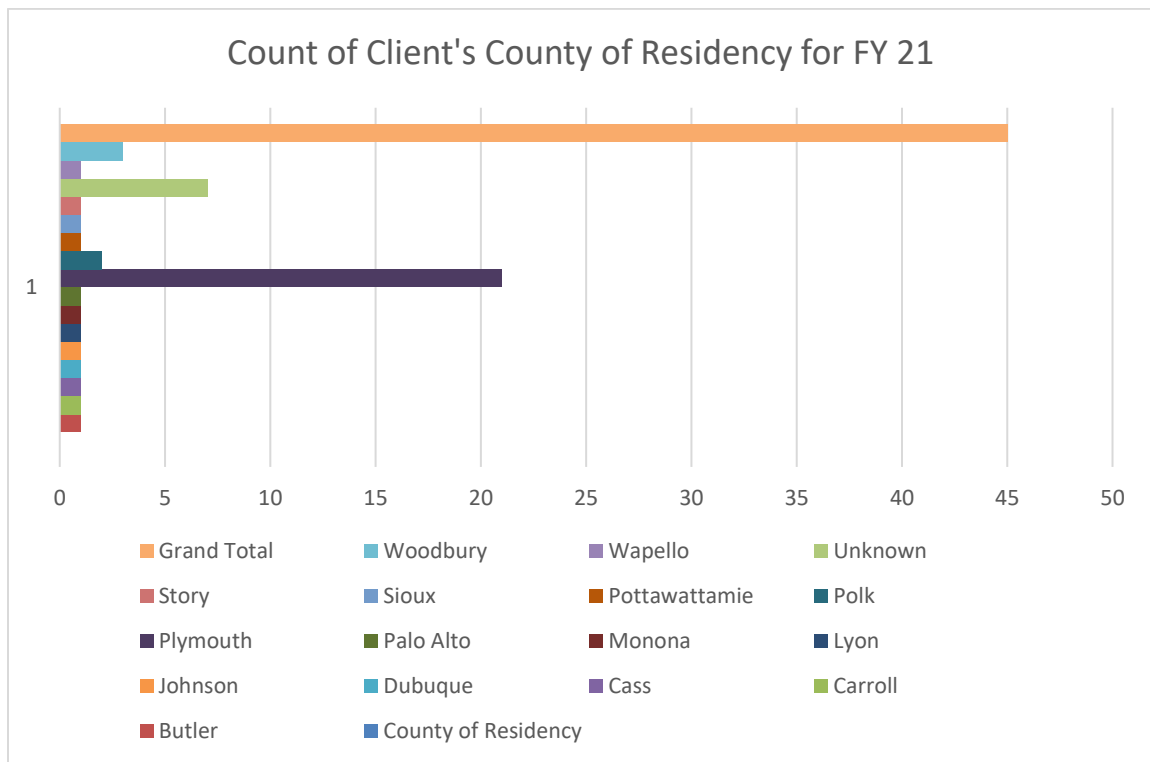
A drop-in center in LeMars, Iowa is operated by Plains Area Mental Health and utilized for day programming attended by community individuals and many residing with The Pride Group representing other communities as described in tables following.

Total Visits	1644
Total Cost	\$65,000.00
Average Cost per visit	\$39.54
Total Sioux River Region Visits	933
Total Cost	\$65,000.00
Average Cost per Client	\$69.67
Total Clients Served	46
Total Cost	\$65,000.00
Average Cost per Client	\$1,413.04
Total Sioux Rivers Clients Served	24
Total Cost	\$65,000.00
Average Cost per Client	\$2,708.33
Total Number of Client Visits	1644
Number of Months Open	12
Average Number of Client Visits per Month	137.00

The variance in total numbers in comparison to the Sioux Rivers Regional numbers are attributed to the use of the Drop-In Center by the 3 licensed RCF facilities (1-40 bed [The Pride Group], 2-16 or less beds [Pride 1 and Pride 2]) located within Plymouth County, used by consumers that do not gain legal residency when placed for services with those facilities. This information was prepared from information provided to the Region by Plains Area Mental Health. The following tables display a breakdown of clients by gender, age and gender, County of Legal Residence, as well as Region of Legal Residence.







### Mobile Crisis

Sioux Rivers Regional MHDS contracted with Seasons Center for Behavioral Health for its Mobile Crisis Service provision. Fiscal year 2021 was the first full year that Seasons Center provided this service to the region. In FY 20 which was a short January to June 2020 contract year, Seasons reported the following:

FY 2020	Children	Adults
Number of Calls	2	11
Total Contracted Amount/January to June 2020		\$40,494.84
Average Cost/Individual Served		\$3,114.99
FY 2021	Children	Adults
Number of Calls to Call in Center	36	112
Number of Calls Requiring Dispatch	21	25
Total Contracted Amount for Fiscal Year 2021		\$259,080.00
Average Cost per Call to Call in Center		\$1,750.55
Average Cost per Call Requiring Dispatch		\$5632.18

The cost associated with the mandated service, may seem large in a per unit cost, however, the service provided has become a service that our local sheriff's departments, schools and hospitals have begun to depend as an integral part of crisis service delivery and the ability to provide critical access to crisis services to individuals within their communities, keeping them in their homes versus out of home placement for those crisis services. It will also be noted that any unit cost noted above does not include any information regarding hours spent by mobile crisis staff on a per call basis, which was not tracked in fiscal year 2021, the Region is working with provider to collect this information for the current fiscal year.

For the Fiscal year 2021, a full contracted year, Seasons has reported the following Aggregate Data:

FY 21 Aggregate Annual Data	Children	Adults
Number of Calls to Call in Center	36	112
Number of Calls requiring Mobile Crisis Dispatch	21	25
Number of Persons requiring additional MH Assessment	2	1
Number of Persons requiring additional SUD* Assessment	0	4
Number of Persons Diverted from Hospital	11	11
Number of Persons Diverted from Jails/Detention	0	1
Number of Persons Diverted from Civil Commitment	0	0
Response Time from Initial Response**	45 Minute Average	

\*SUD (substance use disorder) Assessment

\*\*Response time was calculated from the time the initial call was answered. Length of the initial call will vary.

### Access to School Based Services

Sioux Rivers Regional MHDS continues to contract with its regional mental health centers through a block grant funding mechanism to provide mental health services in each of the school districts within the region if the school district's request this service to be provided. The block grants provide funding for those services whose cost can't be

billed or recouped by other means other than the regional funding. The region continues to work with all school districts to provide this service to kids within all our schools.

### **Regional Staff Activities**

Sioux Rivers Regional MHDS encourages staff to participate in community boards and advisory committees to promote the region in our local communities. Many of the staff participate in the Regional Advisory Board as well as Children's Advisory Board meetings, as well as many of the individual county planning council's and local school district meetings and have representation on many providers' advisory boards, as well as participating in the Regional Governance Board meetings.

Many of those boards include but are not limited to the following: Creative Living Center Advisory Board, Sioux County Planning Council, Lyon County Planning Council and Multi-Disciplinary meeting in several regional counties. Regional Staff is involved with the Hope Haven IPS Steering Committee and the Hope Haven and Plains Area IHS meetings. Staff has attended statewide trainings through the Iowa State Association of Counties, Justice Involved Services, Public Health Leadership Training, Stepping Up Initiatives, and many statewide Children's Planning and Service Planning Meetings.

Many of the Regional Disability Service Coordinators participate in local and state boards in a leadership capacity including the Elderbridge Agency on Aging Board of Directors (Beth Will, Chair), the Elderbridge Agency on Aging Advisory Board (Lisa Rockhill, Chair), Iowa Community Services Association (Lisa Rockhill, Secretary), Discovery House Board of Directors (Dickinson County), the statewide Community Services Network and Operations Committee (statewide regional data system) with 2 expert users within the region, Steering Committee for Evidenced Based Practices. Regional staff also are involved in presenting to many area groups such as Kiwanis on a variety of topics, as well as have trainers for the C3 De-Escalation Curriculum (Lisa Rockhill, Mavis Anema), and ACES (Lisa Rockhill).